The Boys' Brigade

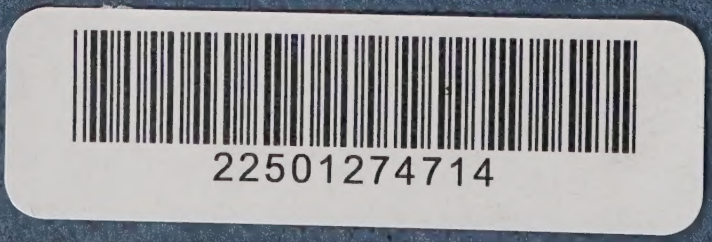
MANUAL

OF

PHYSICAL TRAINING

34, PATERNOSTER ROW, LONDON, E.C.
30, GEORGE SQUARE, GLASGOW

Philip Webb.
1st Leyland Company
September 17th 1874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THE BOYS' BRIGADE

Manual of Physical Training

Published by Authority of the Brigade Executive

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34, PATERNOSTER ROW, LONDON, E.C
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INTRODUCTION

THIS *Manual of Physical Training* is based on the system in use in His Majesty's Army, a system which has proved its value in training a very large proportion of the male population of the Empire.

Instructors should study the Manual thoroughly before attempting to instruct the Boys, and the purpose of the various exercises should be fully understood by all concerned.

The Executive is indebted to Major F. W. Stevens for compiling the Manual.

PART 1

PHYSICAL TRAINING

A.—Object of Physical Training.

The object of Physical Training is the promotion of health and general physical fitness. The limited time at the disposal of Boys' Brigade Officers makes it essential that the training should be systematic, intelligent, and interesting. Boys should be encouraged in the daily practice of the exercises, and the purpose of each exercise should be understood by the Boys as well as by the Instructor. A mechanical, unintelligent repetition of exercises serves little purpose. The mind should be concentrated on the exercise being performed.

The purpose of Physical Training is not merely to build up muscle. Rather is it the harmonious perfection of the whole system, mental, nervous, muscular, and osseous. An alert mind and sound heart, lungs, and digestive organs are the basis of all physical power, and of greater importance than mere muscular development.

Physical Training should be regarded as the foundation of all training, for the benefits derived from it are :—

(*a*) Development of physical powers = Power to overcome obstacles, perform arduous duties and athletics.

(*b*) Improvement and maintenance of Health = Endurance and cheerfulness.

(*c*) Quickening of Mind and Nerves = More rapid assimilation of instruction in other training, orders readily understood and rapidly executed.

(*d*) Increase of Power of Mental Concentration = The foundation of success in life.

B.—Conditions Under Which Classes Should be Held.

Physical Training is best conducted in the open air, but in The Boys' Brigade this is often impossible. Great care should be taken to secure good ventilation. In cold weather heating of the hall may be necessary to obtain a suitable temperature, but windows should invariably be open to ensure a pure atmosphere. All floors, mats, apparatus, etc., should be kept clean to avoid the raising of dust.

Boys should be suitably clad. It is best that they should wear vest, shorts, and light shoes. Braces should never be worn during Physical Training.

The Physical Training Class affords an excellent opportunity of instructing the Boys in the fundamental laws of health, which may be summed up as fresh air, cleanliness, continence, temperance, and exercise.

The exercises should not be taken before breakfast unless preceded by the issue of cocoa and biscuits, or the equivalent; nor within half an hour of the completion of a meal.

C.—Explanation and Effect of Exercises.

1.

Exercises if correctly performed strengthen and stimulate every portion of the body. Some are harmful if correct positions are not assumed; therefore they should only be taught by qualified Instructors.

(1) **INTRODUCTORY EXERCISES.**—Simple Exercises so arranged as to cause the blood to circulate over the whole frame and prepare the body for the more strenuous General Exercises.

(2) **GENERAL EXERCISES.**—Arranged to develop and strengthen harmoniously every part of the body.

(3) **FINAL EXERCISES.**—Easy Exercises, during which the actions of the heart and lungs, accelerated by the General Exercises, regain their normal rhythm. (*a*) Simple Leg Exercises (Supplementary); (*b*) Arms raising and lowering—increase and decrease the air space in the lungs, and so assist in restoring the breathing to its normal rate. Raising the arms aids breathing in; lowering aids breathing out.

Note.—A *Supplementary* Exercise is an Exercise for the part of the body which has been more or less at rest during a strenuous Exercise for another part. Its purpose is to regain the normal distribution of the blood over the whole body.

A *Complementary* Exercise is an Exercise following one calling for severe contraction of some muscles, and its purpose is to stretch them.

A *Corrective* Exercise is made up of movements to strengthen special weaknesses and rectify deformities.

2. *Starting Positions.*

Definite positions from which an exercise starts. Must be correct, or the value of the exercise will be lost.

(1) "Feet close." Used in some Trunk and Lateral Exercises.

(2) "Feet full open." Open the feet to an angle of 90 degrees. Gives direction in certain Leg Exercises, and in "Knees full bend" gives a more convenient base for the outward bending at the knees.

(3) "Hips firm." (*a*) Takes the weight of the arms off the shoulders. (*b*) Fixes the shoulder blades. (*c*) Gets the hands clear of the sides.

Points of the shoulders should not be brought forward or carried back when assuming the "Hips firm" position.

(4) "Arms bend." By bringing some of the dorsal muscles into play, fixes the shoulder blades and gives a "flat back." Improves the carriage of the upper part of the body and strengthens the muscles of the arms.

(5) "Neck rest." Has a Dorsal and neck effect.

(6) "Foot sideways place." Gives a broader base to stand upon, and fixes the pelvis for effective trunk turning movements.

(7) "Foot forward place." Fixes the Pelvis for "Trunk turning."

(8) "Feet astride place." The same as (6).

(9) "Arms forward bend." Used in "Arms flinging."

3. *Leg Exercises.*

Teach the correct balance of the body in various attitudes, and develop the leg muscles.

(1) "Heels raise." Strengthens the calf and foot muscles and tends to prevent or correct flat-footedness.

(2) "Knees bend." Strengthens the muscles of the legs and, requiring "balance," also exercises the brain control of the body.

(3) "Foot placing sideways." Strengthens the muscles of the legs, especially those which "abduct," *i.e.*, those which part the legs laterally.

(4) "Foot placing outward." Much the same as (3), but requires more mental control.

(5) "Outward lunge." Strengthens the muscles of the legs and sides of the trunk, and practises mental control.

(6) "Knees full bending." Same as (2), with a greatly increased effect, especially on the flexibility of the knee joints.

4. *Neck Exercises.*

Correct the carriage of the head and the upper part of the spine.

(1) "Head bending backward." Strengthens the muscles of the throat and those from the base of the skull.

(2) "Head bending sideways." Increases the flexibility of the neck portion of the spine, and strengthens the muscles at the side of the neck.

(3) "Head turning." A combination of (1) and (2).

(4) "Head bending forward." Strongly stretches all the muscles at the back of the neck.

5. *Arm Exercises.*

Develop the muscles used in raising the body from the full arm hang, and in delivering a punch.

(1) "Arms stretching." Loosens the shoulder joints, and calls for a strong control of the shoulder girdle, spinal and stomach muscles.

(2) "Arms flinging." Increases the flexibility of the shoulder and elbow joints. Stretches the two big chest muscles.

(3) "Arms raising." Exercises the shoulder and heaving muscles.

6. *Trunk Exercises.*

Develop the front, side, and back muscles proportionally, so enabling the body to assume a correct position of attention without strain.

(1) "Trunk turning." A lateral exercise. Strengthens the oblique muscles of the trunk and those which rotate the spine. Has a beneficial effect on the digestive organs. Gives equal-sided development, and strengthens and exercises the muscles which rotate the thighs.

(2) Trunk bendings :

(*a*) "Forward." A Dorsal exercise. Strengthens the muscles of the shoulder blades and upper part of the spine.

(*b*) "Downward." Same as (*a*). Also adds to the flexibility of the lumbar part of the spine, and stretches the hamstring muscles.

(*c*) "Full downward." (Complementary to (*e*).) Same as (*b*), but has a more pronounced effect.

(*d*) "Sideways." A lateral exercise. Strengthens the muscles at the side of the trunk and spine. Increases the flexibility of the spine and has a stimulating effect on the digestive organs.

(*e*) "Backward." A Dorsal exercise by its action in strengthening the muscles of the back and straightening the spine. By raising the ribs, it develops the chest and breathing capacity of the lungs. Is a "corrective" to stooping acquired by desk work, etc. An abdominal exercise by stretching and strengthening the muscles of the stomach. (Complementary to (*c*)).

N.B.—The movement is too frequently confined to the lumbar region. This fault should be always checked.

(3) "Lying—Legs raising." An abdominal exercise. Strengthens the muscles of the stomach and the hip benders.

(4) "On the Hands." An abdominal exercise. Strengthens the muscles of the stomach which are contracted and tautened without their ends being brought closer together. It is a position of strain in which Boys should not be kept for more than a moment until well practised in it. The best effect on the abdominal muscles is obtained by the movement "on the feet-up" which follows.

(5) "On the Hands," and then "On one Hand." A lateral exercise for the muscles on the underside of body and thigh. Strength increased by carrying out "Leg raising" in this position, which also brings the abductor muscles of both thighs into play.

7. *Balance Exercises.*

Require very little muscular effort, but complete co-ordination between mind and muscles. To maintain the balance fine adjustment between opposing groups of

muscles is necessary, and this must stimulate mental action, and develop the power of thinking quickly and acting immediately—most valuable qualities.

"Knee or Leg raisings." The exercises are such that the balance is made difficult, while a correct carriage with the rest of the body is maintained.

8. *Marching and Running Exercises.*

Teach a correct carriage of limbs and body when on the move, elasticity of step, and endurance.

(1) "On the Toes." Strengthens the calf muscles and tends to prevent or correct flat-footedness.

(2) "Knee raising." Strengthens the muscles which bend the thigh joints, and develops control.

(3) "Balance slow march." Illustrates how the weight of the body must be carried forward when marching, but cannot be used as an Introductory because of its strong balance effect.

(4) "Hopping." Strongly develops the muscles of the legs and especially increases the flexibility of the ankle, knee and hip joints.

(5) "Sideways march." Strengthens the leg muscles and especially the abductor and adductor muscles of the thigh.

9. *Jumping and Vaulting.*

Call into play all muscles dealt with in the other groups. The exercises develop control, produce agility and activity. The muscles of the legs are largely exercised.

10. *Quickening Exercises.*

Quickening exercises must be introduced into a Table *whenever* there is any sign of the class becoming bored with the work.

They may be looked upon as modified games, and should make the Boys think, interest or amuse them, and train them to quickly express thought in action.

Quickening Exercises should be *simple*, short in duration (not exceeding two minutes), made competitive, and furthermore they should not tire the Boys to the extent that they cannot satisfactorily perform *any* exercise *immediately* afterwards.

If these points are ignored, their introduction into the Table will be detrimental to P.T. proper.

The essence of a Quickening Exercise being that it should interest, it is obvious that they should be as varied and original as possible.

There is no limit to their variety, and a good instructor will never take the same Quickener twice in one Table.

The following are a few examples, intended as a guide for an instructor :—

(1) "To the wall (post, etc.) and back—Go!" The Boys who move first and those who do the run in the best time should be pointed out.

(2) Combination of Drill Movements, *e.g.*, "Spring to attention, turn to the right and take a pace forward—Move!" The movements are performed in the sequence given and in even cadence.

(3) "Odd and even numbered ranks, places—Change!" The alteration of position of the ranks is performed as

quickly as possible; *sideways* from the "Open ranks, turned to a flank" formation, and *backwards and forwards* by the "Ones" and "Twos" respectively, from the "Open ranks" formation.

This Quickener may follow on exercises such as "Astride jumping with Arms raising sideways," "Quick (Double) mark time," etc., Examples of commands:

"Double mark—Time!"

"At the halt, odd and even numbered ranks places—Change!" The class halt and the ranks then immediately change places.

(4) "Left (Right) Leg over right (left) sitting—Down!" The class sit down "tailor fashion" as quickly as possible and remain still.

"On the Feet—Up!" They jump up to the position of attention. This exercise and similar ones such as "Lying—Down," may be combined with "turns," "paces," "Open ranks—March," "Ranks—Change," etc., etc., or with special positions of the arms, etc., *e.g.*, "Two paces forward turn to the right, left leg over right, sitting—Down!" "With the left arm in the upward stretch position, right hand hips firm, right leg over left sitting—Down!"

(5) The Instructor orders the class to see who can first bring him something yellow (smooth, etc.).

(6) The class are standing at ease. "On the word 'move' perform *two* drill movements which will bring you back to the exact position in which you are now." The correct and only solution is springing to attention and standing-at-ease again.

(7) "Get your feet off the floor!" can be performed by standing on some object, but, as a rule, *quickest* by

lying on the floor and raising the feet. The first off the floor should be pointed out.

(8) The class are in "open rank" formation and numbered "in two's.' "Odd numbers add 'two,' even numbers 'three' to their number." "Even numbers sit down!" The resulting figures being "3" and "5" respectively, nobody should sit down. The numbers to be added can be varied in different ways in order to make the game interesting.

(9) "Odd numbers touch wood, even numbers touch iron!" This usually amuses.

(10) The Instructor throws some object on the ground and says, "See who can bring that to me first!"

(11) The class are in "open rank" formation turned to a flank. The Instructor gives the command "Front four about—Turn!" followed by "Cover!" On the word "Cover," the remaining Boys of each rank race off to cover behind their front Boys who by the turn have altered their front. This should be made competitive.

D.—Hints to Instructors.

1. Enforce strictest discipline tempered with tact, without which the training loses greatly in value.

2. Check positions as shortly as possible and above all avoid a large amount of talking.

3. Keep the class "lively" and interested. An aid to this is the use of "Quickening Exercises."

4. Never neglect to encourage a class for any improvement, even though it may only be slight.

5. Remember "Trunk backward bend" = an exaggerated "Head backward bend," with the movement only extended as far as the shoulder blades, just lifting the chest and stretching the stomach muscles.

6. New exercises should be taught as follows :—

(1) Name the exercise

(2) Tell the class its object and effect.

(3) Show the exercise, giving the words of command, and emphasising only one or two of the most important points to be borne in mind with regard to it. The "starting position" for the exercise must be smartly taken up in the manner in which the class are to do it, but the words of command omitted.

Note.—(*a*) Whenever possible state these points while showing the exercise. As a general rule, either the instructor or the class should be performing the exercise or part of it.

(*b*) In case of exercises involving strain, set the exercise first and then bring out a good performer to illustrate the points.

(4) Put the class through, at the same time verbally pointing out faults; but never keep Boys too long in a strained position for this purpose.

(5) Perfect the performance of the exercise gradually by alternately showing the less important points and putting the class through.

(6) When starting on a new Table, teach only about half the new exercises and complete the Table with exercises previously learnt. On the second practice the new Table may be taken in its entirety.

(7) " Quickening " exercises or short games must invariably be used to keep the class alert and interested. They may be inserted anywhere in the Table and *must* be between similar starting positions involving strain.

(8) The number of times that a particular exercise should be performed in any of the Tables will depend upon the physical condition of the Boys, and the time available for the Table, and is therefore left to the discretion of the Instructor.

(9) While at Physical Training as far as is practical all movements of classes should be carried out at the double. In changing formation or position non-essential commands and movements should be eliminated. For examples :—To form up in a new position the Instructor doubles to the spot required and gives the command " In two ranks fall in," and the class breaks away and doubles to the new position, the right-hand front rank Boy facing the Instructor, two paces away from him; or if a circle formation is required, the same procedure is adopted on the command " In a circle—round me—move."

E.—Tables of Exercises.

The following Tables will be used in the training of Companies. Refer to the Diagrams on pages 24-35.

In the simple movements the name of the movement is also the word of command, *e.g.*, " Heels raise." When, however, the name of the movement is given as a caution, thus : " Heels raising," it is followed by the commands, " One," " Two," etc.; or if it is desired to continue the exercise for a stated number of movements, by the word " Commence."

The following abbreviations have been used :—

Ex.	= Exercise.	Compl.	= Complementary.
L.	= Legs.	Corr.	= Corrective.
N.	= Neck.	A.b.	= Arms bend.
A.	= Arms.	F.cl.	= Feet close.
K.	= Knees.	H.f.	= Hips firm.
F.	= Feet.	pl.	= place.
Tr.	= Trunk.	o.	= open.
Bal.	= Balance.	r.	= raise.
Lat.	= Lateral.	astr.	= astride.
Abd.	= Abdominal.	str.	= stretch.
Dor.	= Dorsal.	upw.	= upwards.
Mar.	= Marching.	forw.	= forwards.
J. & V.	= Jumping and Vaulting.	sidew.	= sideways.
		downw.	= downwards.

Table I.

A.—*Introductory Exercises.*

L. Ex.	(*a*) Feet close.
	(*b*) Heels raise.
N. Ex.	Head backward bend.
A. Ex.	(*a*) Hips firm.
	(*b*) Arms bend.
	(*c*) A. b.—Arms sideways stretch.
Tr. Ex.	F. cl., H. f.—Trunk bending sideways.
L. Ex.	(*a*) H. f.—Foot sideways place.
	(*b*) H. f.—Feet astride place.
	(*c*) H. f.—Heels raising and Knees bending.

B.—*General Exercises*

Bal. Ex.	H. f.—Knee raise.
Lat. Ex.	H. f., F. sidew. pl.—Trunk Turning.
Abd. Ex.	On the Hands.

Dor. Ex.	H. f. (later : A. b.), F. sidew. pl.—Trunk forward bend.
Mar. Ex.	(*a*) Quick march.
	(*b*) Double march.
	(*c*) Quick march.—Marching on the Toes.
J. & V.	(*a*) Upward jumping.
	(*b*) High jump.
	(*c*) Long jump.

C.—*Final Exercises.*

1. Heels raise.
2. Arms raising sideways.

Table II.

A.—*Introductory Exercises.*

L. Ex.	(*a*) Feet close and full open.
	(*b*) H. f.—Foot placing sideways.
N. Ex.	Head bending backward.
A. Ex.	(*a*) A. b.—Arms upward stretch.
	(*b*) Neck rest.
Tr. Ex.	A. b., F. sidew. pl.—Trunk turning.
L. Ex.	H. f., F. full o.—Heels raising and full Knees bending.

B.—*General Exercises.*

Dor. Ex.	F. astr. A. sidew. str.—Trunk bending backward with Hands turning.

Bal. Ex.	(*a*) H. f.—Leg raising sideways.
	(*b*) H. f.—Leg raising backward.
Lat. Ex.	A. b., F. sidew. pl.—Trunk bending sideways.
Abd. Ex.	On the hands.—Leg raising.
Dor. Ex.	(*a*) H. f., F. sidew. pl.—Trunk bending forward and downward.
	(*b*) A. b., F. sidew. pl., Tr. forw. b.—Arms stretching sideways.
Mar. Ex.	H. f.—With Knee raising quick mark time.
J. & V.	(*a*) Upward jumping with Arms raising sideways.
	(*b*) Upward jumping with turning.

C.—*Final Exercises.*

1. H. f.—Heels raising and Knees bending.
2. Arms raising sideways and upward.

Table III

A.—*Introductory Exercises.*

L. Ex.	(*a*) A. b., Hl. r., K. b.—Arms stretching sideways.
	(*b*) H. f., F. full o.—Foot outward place.
N. Ex.	Head turning.
A. Ex.	(*a*) A. b.—Arms forward stretch.
	(*b*) A. b.—One Arm upward, one Arm downward stretch.
Tr. Ex.	A. b., F. sidew. pl.—Trunk turning quickly.
L. Ex.	H. f.—Foot placing sideways and Heels raising.

B.—*General Exercises.*

Dor. Ex.	F. astr. A. sidew. str.—Trunk bending backward with Hands turning.
Compl. Ex.	F. astr. H. f.—Trunk bending forward and full downward.
Bal. Ex.	H. f.—Leg raising forward.
Lat. Ex.	(*a*) On the Hands.—On one Hand turn.
	(*b*) A. b., F. sidew. pl.—Trunk bending sideways quickly.
Abd. Ex.	(*a*) On the Hands.—Arms bend.
	(*b*) Lying, A. upw. r.—Legs raising (ground permitting).
Dor. Ex.	F. astr. A. upw. str.—Trunk forward bend.
Mar. Ex.	H. f.—On alternate Feet hop.
J. & V.	(*a*) With three paces forward off the left (right) Foot jump.
	(*b*) Upward jumping with Arms swinging upward.

C.—*Final Exercises.*

1. H. f.—Heels raising and Knees bending.
2. Arms raising forward and upward, lowering sideways and downward.

TABLE IV.

A.—*Introductory Exercises.*

L. Ex.	H. f., F. full o.—Heels raising and full Knees bending.
N. Ex.	(*a*) Head bending backward.
or	(*b*) Head turning.

A. Ex.	A. b.—Arms stretching forward, sideways and upward (varying sequence of direction).
Tr. Ex.	A. b., F. sidew. pl.—Trunk turning quickly with Arms stretching upward.
L. Ex.	H. f., F. full o.—Outward lunge.

B.—*General Exercises.*

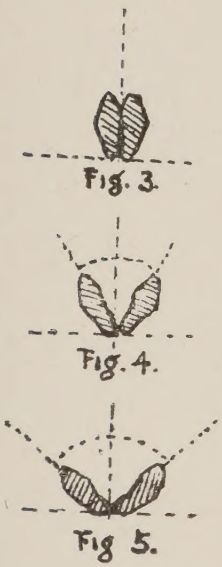
Dor. Ex.	F. astr. A. upw str.—Trunk bending backward.
Compl. Ex.	F. astr. H. f.—Trunk bending forward and full downward.
Bal. Ex.	(*a*) H. f.—Leg raising forward, sideways and backward (*b*) H. f., K. r.—Leg stretching forward.
Lat. Ex.	(*a*) F. cl., 1 A. upw. 1 A. downw. str.—Trunk bending sideways. (*b*) On one Hand.—Leg raising.
Abd. Ex.	On the Hands.—Arms bending, and add later : " with Leg raising." or (ground permitting) : Lying, A. upw. r.—Legs raising.
Dor. Ex.	F. astr. A. upw. str., Tr. forw. b.—Arms swinging downward and backward.
Mar. Ex.	Quick march. Double march. Marching on the Toes. H. f.—With Knee raising quick march. Quick march.—With Hips firm on alternate Feet hop.
J. & V.	Upward jumping with Arms swinging upward. Forward jumping. With turning, 3 paces forward off the left (right) Foot jump.

C.—*Final Exercises.*

1. H. f.—Foot placing sideways.
2. H. f., F. sidew. pl.—Trunk turning.
3. Arms raising forward and upward, lowering sideways and downwards.

Fig. 1. Fig. 2.

Position of "Attention."



Position of Feet.

Fig. 3. " Feet—close " (F. cl.).

Fig. 4. " Feet—open " (F. o.).

Fig. 5. " Feet full open " (F. full o.).

Fig 6.

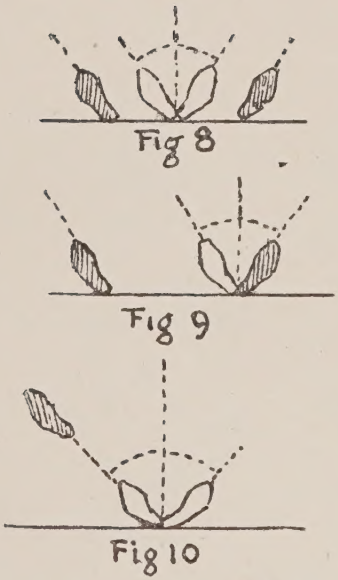
" Heels—raise " (Hl. r.)

Heels together and lifted as high as possible, body erect—as at " attention."

Fig. 7.

" Knees—bend " (K. b.)

Heels kept together, body not inclined forward.



Position of Feet.

Fig. 8. "Feet astride—place."

Fig. 9. "Left Foot sideways—place."

Fig. 10. "Left Foot outward—place."

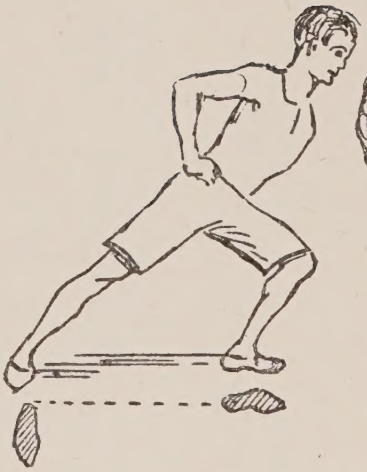


Fig. 11.

Position of Outward Lunge.

Body allowed to drop forward without jerking, head and trunk maintaining their relative positions.

Fig. 12.

"Head backward—bend."

Chin kept down, breathing unrestrained, movement not extended to back.

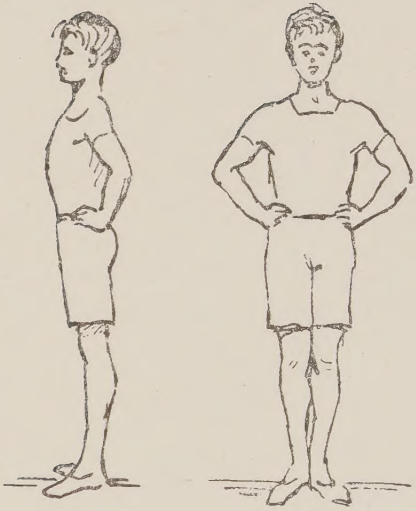


Fig. 13. Fig. 14.

Position of "Hips—firm."

Fig. 15.

Fig. 16.

Fig. 17.

Fig. 15. *Position of "Neck—rest"* (N. r.). Hands behind upper part of neck, finger tips just meeting, chest well raised, head erect and elbows pressed well back.

Fig 16. *Position of "Arms—bend"* (A. b.). Finger nails pointing inward, forearms vertical, elbows kept away from sides and in line with centre of trunk.

Fig. 17. *Position of "Arms sideways—stretch."* The hands level with the shoulders throughout, extending them as far apart as possible by forcing them outwards from the shoulders.

Fig. 18.

Fig. 19.

Fig. 20.

Figs. 18 and 19. *Position of " Arms upward—stretch "* (A. upw. str.). Force the hands as high as possible, keeping them the width of the shoulders apart with palms turned inward, maintaining the position of " attention " by the rest of the body.

Fig. 20. *Position of " Left Arm upward, right Arm downward—stretch "* (1 A. upw. 1 A. downw. str.).

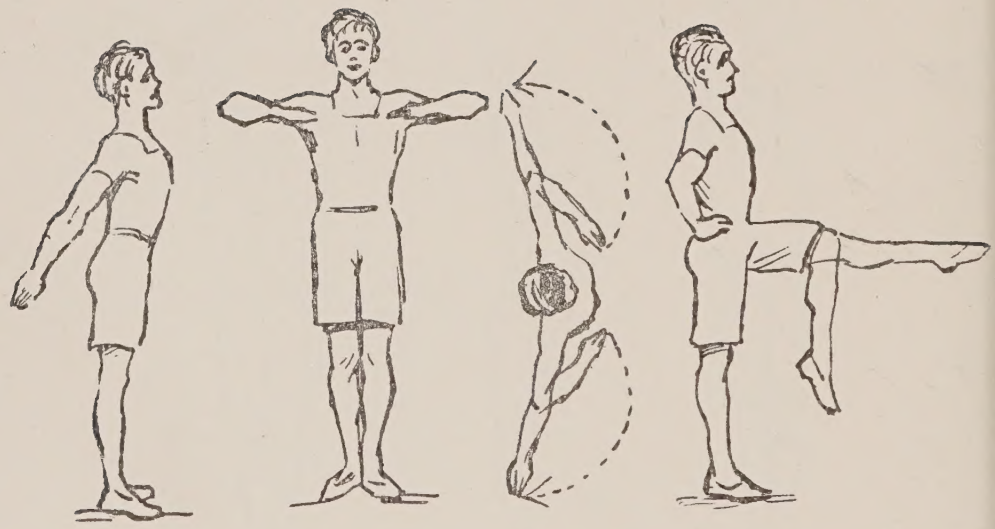


Fig. 21. Fig. 22. Fig. 23. Fig. 24.

Fig. 21. *Final position of " Arms swinging downward and backward."*

Figs. 22 and 23. *Position of " Arms forward—bend "* (A. forw. b.) *and " Arms—fling."* Elbows kept well back, hands move horizontally and the backward movement not forcibly checked, position of head and trunk to remain unaltered.

Fig 24.—*Position of " Left Knee—raise "* (Left K r.) and from it " Leg forward—stretch " (L. forw. str.).

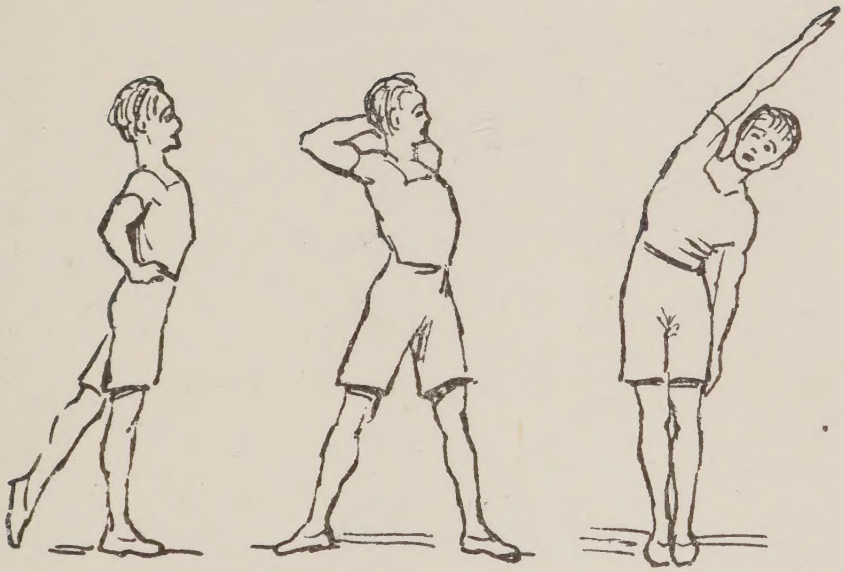
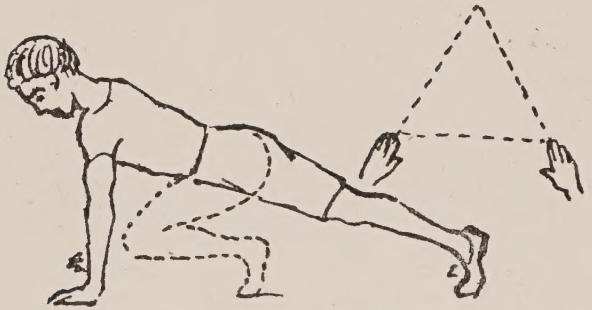


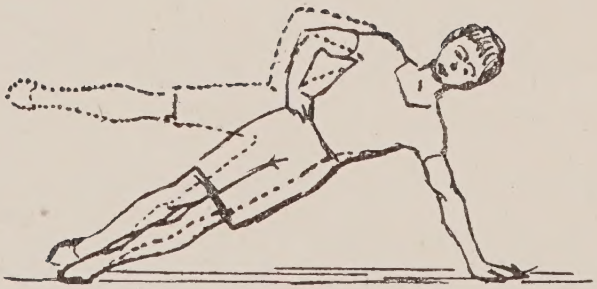
Fig. 25 Fig. 26. Fig. 27.

Fig. 25. *Position of "Left Leg backward—raise"* (Left L. backw. r.).

Fig. 26. "Trunk to the left—turn" (with "Neck—rest"). In all Trunk turning hips kept to the front, upper part of trunk (*i.e.* above the waist) turned as far as possible in direction named, the relative positions of head and arms being maintained.

Fig. 27. *Position of "Trunk to the left—bend"* (Tr. sidew. b.), from "Feet—close," "Right Arm upward, left Arm downward—stretch." Trunk not inclined forward or backward, relative position of head maintained.



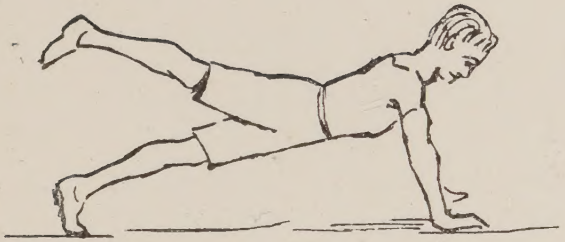


Figs. 28 and 29. Fig. 30.

Fig. 28. *Position of "On the Hands."* Fingers slightly inward, hands rather wider apart than the shoulders, arms straight and nearly vertical, toes apart and body straight as at "attention."

Fig. 29. *Position of "On the left Hand—turn," "Leg—raise."* The leg is raised as high as possible and the hip is allowed to *follow* the movement.

Fig. 30. *Position of "Trunk backward—bend."* An exaggerated "Head backward—bend" by extending the movement down the spine as low as the bottom of the shoulder blades without hollowing the lumbar region of the back.



Figs. 31 and 32.

Fig. 31. *Position of "On the Hands; Leg—raise."* Keeping the leg straight raise it as high as possible, toe pointed, without altering position of body.

Fig. 32. *Position of "Right Leg—raise"* from "Lying, Arms upward—raise." With toes pointed, leg raised to an angle of 45°, keeping knees and back straight. *"Legs raising"*—Right leg shows position for both legs.

Fig. 33.

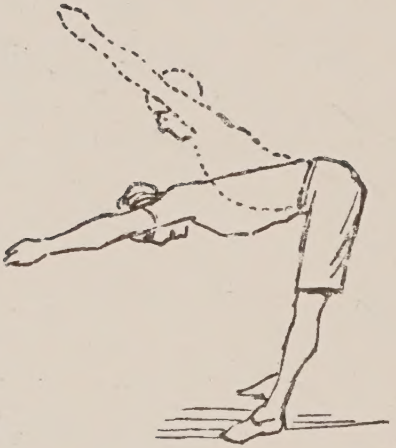


Fig. 34.

Fig. 33. " Trunk forward—bend " (Tr. forw. b.) with " Arms upward—stretch."

Fig. 34. From " Trunk forward—bend " (Tr. forw. b.), " Trunk downward—bend " (Tr. downw. b.). Back to be kept as straight as possible.

Fig. 35.

Fig. 36.

Fig. 37.

Fig. 35. " Balance slow—march." Pace of about 20 in. Head, trunk, arms and forward leg at the position of " attention " excepting that the whole body is almost imperceptibly inclined forward from the forward ankle-joint; rear leg braced and the under part of the toes resting on the ground.

Fig. 36. " Double—march." Double on toes with easy springy strides, inclining body slightly forward, maintaining correct carriage. Arms slightly bent (135°) and swinging easily from shoulders. Fists loosely clenched, backs of hands outward.

Fig. 37. " Upward—jump." Raise the heels, keeping the body erect, bend the knees and spring vertically upward, fully extending body and legs and carrying head and feet backward without bending the knees. Land lightly by coming to the " full knees bend " position.

PART 2

GAMES AND COMPETITIVE EXERCISES

Practical Application and Aim.—These Competitive Exercises are specially originated for use in the gymnasium or on the P.T. parade. They may, however, be successfully introduced at any recreational or social event, and are particularly suitable for camps. The inclusion of games prevents monotony and strain, and gives additional interest to P.T. and to the exercises in the gymnasium. In the gymnasium, if there is sufficient space, a suitable game may with advantage be introduced during the class instruction in gymnastics on the various apparatus, when the number of classes may exceed the pieces of apparatus, thus :—Parallel Bars, Game, Vaulting Horse, Game, Swinging Rings, etc. The game selected in each case should act as a complementary exercise to the work preceding and succeeding it. The games should be brief and varied.

P.T. games have a positive value. Their effect is threefold—(1) Quickening; (2) Relaxing and Mirth Inducing; (3) Developing the Muscular Powers.

The Spirit of Games.—The players must shed all self-consciousness and dignity, and enter into the games in the spirit of alertness, cheerfulness, thoroughness, and

keen rivalry, in order to realise the full benefit they are designed to confer. The natural effect is the intensification of the Boy spirit, and its retention even when according to anniversaries this spirit might be expected to have evaporated.

Grouping of Games.—The effects mentioned in a preceding paragraph may be found combined in a large number of the games, but the predominant value is marked over the description of each, thus—(Q), (R), or (D). These characteristics must be borne in mind in the selection of suitable games in relation to the exercises preceding and succeeding, taking into account also whether the game is strenuous (S) or easy (E) as marked. It will be noted also that the games come under three headings from a competitive standpoint. (1) Individual *versus* the Class (eliminating competitions). (2) Individual *versus* Individual. (3) Team *versus* Team. As these latter headings are self-evident in the description, no special note is necessary.

Appliances Required.—A few simple appliances are all that is necessary, and as they are mentioned in the descriptions, it is not necessary to enumerate them. It might be pointed out, however, that a serviceable medicine ball can be made by stuffing an old football case with paper or rag. Cloth balls can be made by sewing some old cloth into the form of a ball, about three inches in diameter, and not so tightly packed as to hurt a player, however strongly thrown.

Initiative and Originality.—It is not intended to infer that an Instructor of experience need regard the Games and Competitive Exercises included in this handbook as being complete, there being many others which he may know of or may suggest themselves to him as being suitable for inclusion in his programme of training. There is plenty of scope for initiative in adjusting the

games to suit varying conditions and for the exercise of his powers of originality in introducing other variations, new games, and "stunts."

Penalties.—In games where a penalty is suggested this should be a pre-arranged exercise, such as to roll over on the ground; "on the hands—arms bending and stretching"; sprinting a short distance; stand on the hands or head; or any other suitable exercise of a strenuous or humorous nature that the originality of the Instructor may suggest.

To serve the purpose of brevity in description, the paragraphs are marked with index letters which denote the following:—

A.—The appliances required, and the marking of ground or floor where necessary. It is assumed that a gravel or earth surface would be marked by scratching with a stick, grass with whiting, or floor with chalk.

B.—The formation to be taken up by players.

C.—The action and objective of the game or contest.

D.—The change in play on the gaining of objective by the side, or individual, or penalty for failure.

E.—General observations.

F.—Suggested variations.

1. *Touch Ball.* (Q) (E).

A.—Football or medicine ball.

B.—Ring, facing inwards, full arm intervals, one player in the centre.

C.—The ball is thrown from player to player, avoiding the centre player, whose effort is directed to catching or touching the ball.

D.—When the centre player succeeds, the one who last threw the ball changes places with him. If any player in the ring fails to hold the ball when thrown to him, or throws the ball out of reach, he changes places with the centre player.

E.—The game must be played rapidly, and the changes of centre player made promptly.

F.—The game can be played with all players sitting down, in which case the ring should be smaller, the intervals between players being less. It can also be played (provided a football is being used), with the feet only, the ball being kicked from player to player. In this case, if the ball passes between the legs, or to right of any player, he is considered to have failed to hold the ball. If the ball passes outside the ring, above waist height, the player who has kicked the ball out changes with the centre player. In the latter variation the game becomes very rapid and needs careful control. Yet another variation is to close the intervals and have the odd player *outside* the ring, in which case the ball must not be passed across the ring, but from player to player left or right

2. *Stride Ball.* (Q) (E).

A.—Football.

B.—Ring facing inwards, feet astride, toes touching that of the player on left and right, hands on thighs, one player in the centre.

C.—The centre player endeavours to throw the ball between the legs of the players forming the ring. The players forming the ring must keep their hands on their thighs until the ball is thrown, may

only stop the ball with their hands, and must not bend at the knee. The ball is returned to the centre player.

D.—The player who allows the ball to pass between his legs, changes places with the centre player.

E.—The centre player may throw from any position within the ring and, if he wishes, from between his own legs, or may strike the ball with his hand as it returns.

F.—Each player may have an Indian club standing between his legs, the object of the centre player then being to knock down the club. As a complementary exercise, the game should be played with the players standing erect, with feet astride, the ball being stopped only by springing the feet together. If in the latter variation the centre player be allowed to kick the ball, the game will soon become strenuous, and high kicking must be treated as in Touch Ball. The game as first described can also be played with the players forming the ring, facing outwards.

3. *Dodge Ball.* (Q) (S).

A.—Football.

B.—Ring facing inwards, with an equal number of players within the ring.

C.—The side forming the ring throw the ball at the legs of the players within the ring, who endeavour to dodge the ball by jumping aside, or over it. When anyone is hit below the waist he drops out of the ring.

D.—At the end of a stated period the sides change over, the competition being to see which side can com-

plete the time with the largest number of players untouched.

F.—The game can be varied by continuing until all the players are knocked out of the side within the ring, the winners being the side which gets its opponents out in the shortest time. It can also be made an individual contest by players taking their place within the ring, in one's or two's. In this case they can be hit in any part of the body, and dodge how they like, the winner or winners being the player or pair of players who keep in the longest without being hit.

4. *King of the Island.* (D) (S).

A.—Circle, about ten feet in diameter.

B.—About twelve players form a close group in the centre of the circle, with their arms folded.

C.—On the command to "Commence" every player endeavours to bump the other players out of the circle. Arms must be kept folded and bumping is only allowed with the buttocks.

D.—The last player remaining in the circle is the winner.

E.—The Instructor must watch carefully at the commencement of the game to see that if a player falls he is not trampled upon. He must also watch that a player falls out immediately any part of his body passes outside the circle. The method of bumping will need watching, also that players keep their arms folded.

F.—The game can be played by taking sides, with all in the circle, or by the winner of each side having a final contest.

Another variation can be made by carrying out the game by hopping on a named foot (which can be changed on command during the game). In this instance the method of bumping need not be restricted.

5. *Into the Pond.* (D) (S).

A.—Circle, about ten feet in diameter, or smaller if less than twelve players.

B.—Ring, outside circle, hands joined with "butcher's grip."

C.—Instructor will give the command "Left" or "Right," at which the ring of players will spin quickly in the direction named; at the same time each player will endeavour to get the others "into the pond" by pulling outwards as the ring moves.

D.—The player who steps into the pond, or both players who lose their grip, fall out of the game. This continues until only one is left out of the players forming the ring.

E.—It will be obvious that as the ring of players becomes smaller, circles of diminishing sizes must be made within the original.

F.—It is a good idea to substitute three or four Indian clubs for the circle when the ring has dwindled to four or five players, the object then being to make the other players knock the clubs down.

6. *Whip to the Gap.* (R) (E).

A.—Three or four "strikers," for which anything in the nature of a rope end, about fifteen inches long (but of softer material than rope), can be utilised.

B.—Close ring, facing inwards; hands behind, palms open ready to receive the "striker." All players must bow their heads, and look towards the centre of the ring.

C.—The Instructor, carrying the strikers in his hand, passes round the outside of the circle to the left, and, unobserved, places a striker in the hands of any player he chooses. The player receiving a striker whips the player on his right, round the ring to his place again.

E.—On receiving a "striker" a player should hesitate a moment in order to disarm the suspicion of the player on his right, who is naturally on the alert, when the Instructor is near. A smart Instructor can get a number of players on the run at the same moment.

7. *Numbers Change.* (Q) (E).

A.—Circle, size according to number of players.

B.—Ring, facing inwards on circle, at half-arm intervals, one player in the centre, players numbered.

C.—Centre player calls two numbers, upon which the players whose numbers are called have to change places, endeavouring to do so unnoticed by the centre player. The aim of the centre player is to forestall either of the players changing places. A close run is decided in favour of the player first out of the circle at the gap.

D.—Any player displaced takes the centre position.

E.—Each player retains the number, with which he started, throughout the game. This confuses the centre player, who can be further bewildered by any player in the ring (whether his number is called

or not) making a movement as though to change over.

F.—Letters, names of towns, or any other appropriate terms can be substituted for numbers.

8. *Chase Ball.* (Q) (E).

A.—Two balls, any kind, preferably large, but distinctively coloured or marked.

B.—Ring facing inwards, at half-arm intervals, numbered in two's.

C.—One ball is handed to a No. 1 player, the other to a No. 2 player on the opposite side of the ring. On the command "Right" or "Left" the balls will be passed quickly round the ring from player to player of the same No., in the direction named, both balls moving in the same direction. Players will not interfere with the progress of their opponent's ball as it passes in front of them. The object of each player is to make his ball overtake the opponent's ball on its journey.

D.—When one ball overtakes the other, the game is won.

E.—Players must not move from their position.

F.—Instead of throwing balls, pass wands or Indian clubs from hand to hand.

9. *Pass it Round.* (Q) (E).

A.—Any available portable articles.

B.—Ring, facing inwards, at half-arm intervals.

C.—The Instructor distributes among the players a number of articles, and at his command "Right" or

"Left" these are passed rapidly round the ring from hand to hand, in the direction named. The aim of each player is to pass so rapidly as to confuse his neighbour and so cause him to drop one of the articles passed to him.

D.—Any player dropping an article falls out of the game. This proceeds until two players only remain, who are declared the winners.

E.—The game should be played at the highest speed attainable, and can be enlivened by the introduction of anything from a collar stud to a chair.

F.—The game can be varied by passing several articles to the left, and several to the right, at the same time, when the penalty for passing in the wrong direction is the same as that for dropping an article. When played in this manner not more articles than half the number of players should be utilised.

10. *Cat and Mouse.* (Q) (E).

B.—Ring, facing inwards, at full-arm intervals, hands linked, one player inside and one player outside the ring.

C.—The mouse (the inside player) endeavours to escape from the pursuing cat (the outside player). The players forming the ring, assist the mouse by allowing him to pass at will in and out of the ring, and attempt to impede the cat's progress by barring the passage as soon as the mouse has passed through.

D.—The contest ends when the cat succeeds in touching the mouse, and two fresh players are then selected to act as cat and mouse.

E.—Where the game for a long time proves uneventful, other cats may be added, or other mice, according to the respective ability of the first two players. Quicker results are thus ensured.

11. *Pick-a-Back.* (Q) (S).

B.—Ring, facing inwards, numbered in two's.

C.—No. 1 players mount the backs of the No. 2 players. On the command "Right" or "Left" the riders dismount, and march round outside the ring in the direction named. One of the No. 2 players is withdrawn, and at a pre-arranged signal each rider attempts to mount the back of the nearest No. 2 player.

D.—The unsuccessful player retires, and the game proceeds as before until all but one of the riders have been eliminated. The numbers now change places. The successful player from each team should now march round one player, and so determine the winner.

E.—Music can be substituted for commands or signals, as in the old game of musical chairs.

F.—The game can be varied by making both circles march round in opposite directions. Another way is to link arms, right or left as directed, instead of mounting the backs of the other team.

12. *Horses and Riders.* (Q) (S).

A.—Football or net ball.

B.—Ring, facing inwards, players numbered in two's. No. 2 players mount the backs or shoulders of the No. 1 players, who stand at full-arm intervals.

C.—A ball is handed to a mounted player, and is thrown from hand to hand, round or across the ring by the riders, who endeavour to keep this going without dropping the ball.

D.—As soon as the ball falls the riders dismount (unhindered by the horses) and run as far as possible from the ball. The ball is pounced upon by the nearest horse, who then cries "Halt!" at which all the players stand still. The player holding the ball then throws it at the nearest rider, who may attempt to dodge it with his body, but must on no account move his feet. If a rider be struck by the ball, the horses and riders change places.

13. *Jump the Bag.* (Q) (S).

A.—Four or five yards of cord, to one end of which is attached a small sand-bag, weighing not more than one pound.

B.—Ring, facing inwards, at full-arm intervals, one player in the centre.

C.—The inside player, standing in the centre, swings the bag round, just above the ground beneath the feet of the players, who jump to avoid the bag each time as it reaches them.

D.—The player whose feet are first struck by the bag changes places with the centre player.

E.—The speed at which the bag travels, and its height from the ground should be increased, until a victim is found.

F.—Instead of the rope a long cane may be used, when the players forming the ring should be turned to the right or to the left, facing in the direction from which the cane approaches.

This variation provides excellent gymnastic training if the players are made to perform jumps, such as the "Squat," "Sheep," "Straddle," or "Hurdle" over the moving cane.

14. *Two's and Three's.* (Q) (S).

B.—Ring, facing inwards, the players grouped in couples (one player behind the other), two players free, the chaser, and the runner.

C.—The runner, in his endeavour to avoid the chaser, dodges in and out between the groups, and when hard pressed saves himself by coming to a stand in front of one of the pairs. The rear player of the pair immediately becomes the runner.

D.—When a chaser succeeds in touching a runner, these two positions are reversed.

E.—The action of the game should be kept in or near the ring of players.

F.—The players forming the pairs can be turned to face each other. The runner then must place himself between them, facing either way. The player towards whom his back is turned then becomes the runner.

15. *Catch the Wand.* (Q) (E).

A.—Cane, or stick, 4ft. long, or longer if the number of players is large.

B.—Ring, facing inwards at half-arm intervals, the players numbered, one player in the centre.

C.—The inside player stands the cane on end in the centre. Supporting it lightly with his hand, he calls

out a number, and at the same moment releases the cane. The player whose number is called must catch the cane before it falls to the ground.

D.—Any player failing to catch the cane in time changes places with the centre player.

E.—It is important that the cane be placed correctly in the centre.

F.—As an alternative, a ball may be thrown vertically into the air by the centre player, and the player whose number is called must then catch the ball before it reaches the ground. The ball should be thrown to a height of at least 10 ft.

16. *The Dummy.* (R) (S).

B.—Ring, sitting, feet inwards, allowing sufficient space for one player to stand erect in the centre.

C.—The dummy (the centre player) falls in any direction, keeping his body rigid, and hands to his side, on to the outstretched hands of the ring of players. The players endeavour to keep the dummy moving round and across the ring, without letting him fall through.

D.—The first player who allows the dummy on to or past him changes places with the dummy.

E.—The centre player must keep his body braced and perfectly rigid all the time he is acting as dummy.

17. *Bull in the Ring.* (D) (S).

B.—Ring, facing inwards, hands linked, one player (the bull) in the centre.

C.—The bull rushes in any direction and attempts to escape.

D.—When the bull succeeds in breaking out of the ring he dashes away, pursued by all the other players. The player who catches the bull takes his place, the ring re-forming, and the game proceeds as before.

E.—The bull may escape by breaking the ring, or by diving under or over.

18. *In and Out of the Window.* (D) (S).

B.—Ring, facing inwards, hands on shoulders of players right and left, arms straight, feet astride. Two players selected, a runner and a chaser.

C.—At a given signal the runner starts off round the ring, and endeavours to escape the chaser by doubling in and out, under the arms (and even under the straddled legs) of the players forming the ring. The chaser attempts to overtake and touch the runner, but must follow exactly the course taken by him.

D.—When the chaser succeeds he immediately becomes the runner. Another player from the ring becomes the chaser, the late runner taking his place in the ring.

E.—The game can be made competitive by forming the ring of two rival teams, and selecting the moving players from opposite sides, a time limit being set to determine whether the runner or chaser has scored for his side. These two rôles will be filled alternately from each side.

19. *Keeping It In.* (Q) (S).

A.—A football.

B.—Ring, facing inwards, hands linked.

C.—The ball is kicked from player to player, within the ring. Each player endeavours to prevent the ball from being kicked past him out of the ring, and at the same time strives to kick the ball out past the other players.

D.—Any player allowing the ball to break out past him, on his right side or under his legs, or any player kicking the ball out above the arms, must perform a pre-arranged penalty exercise.

E.—This game can be made competitive by forming the ring of two rival teams, points being given to the other team instead of the penalty exercise.

20. *Guarding the Skittles.* (Q) (S).

A.—Two concentric circles, diameters about 3 ft. and 15 ft., a football or net ball, and three or four skittles or Indian clubs.

B.—The skittles are stood well apart, within the inner circle. A team of two or three players are chosen to guard the skittles. These stand anywhere inside the larger circle, outside which are ranged all the other players.

C.—The outside players aim at knocking the skittles over with the ball, which must be thrown, or punched. No outside player may enter the circle, and the inside players may guard the skittles in any manner they choose, with their hands or feet, but should they inadvertently knock over any of the skittles themselves, they are left down.

D.—When all the skittles have been knocked over a new guard is selected. To make the game competitive each guard should be timed.

F.—This game can also be played with all the players sitting.

21. *Snatch Club.* (Q) (E).

A.—Two parallel lines about 10 yards apart. An Indian club to stand in a central position between the lines.

B.—An equal number of players ranged on each line, facing inwards. The players in each line numbered from right to left.

C.—The Instructor calls a number, and immediately the two players spring towards the club. Each of the two aims at snatching up the club and dashing back with it to his place, without being touched by his opponent before crossing the line.

D.—When a player succeeds he scores a point for his side. If the player carrying the club is touched by his opponent, no point is scored.

E.—Players will do better by hesitating over the club, after the first dash, attempting to capture it by a sudden snatch, than by catching it up in the first rush.

F.—A handkerchief may be placed over the club. Players must then snatch the handkerchief without knocking over the club.

22. *Last Pair Out.* (Q) (S).

A.—A line across, about 10 yards ahead of the detached player mentioned below.

B.—Two ranks, turned to a flank, one player detached, and standing a yard ahead with his back toward the space between the files, and who must not look to right or left.

C.—The rear pair of players creep silently forward, outside their respective files, until level with the forward player. They then dash forward over the line, but must join hands before crossing. The detached player, as soon as he becomes aware of the presence of the moving pair, gives chase and endeavours to touch one before the line is reached, or to chase them over the line before they succeed in linking hands.

D.—If the pair are successful, they fall in as the front pair, and the game proceeds by the next pair moving forward. Should the detached player succeed, one of the running pair changes places with him.

23. *Crows and Cranes.* (Q) (S).

A.—Three parallel lines, about 5 yards apart.

B.—Two teams in file, one on each side of the centre line, and at full arm's distance from it, each player being level with one of the opposing team. One team is named "Crows" and the other "Cranes."

C.—The Instructor suddenly calls "Crows" or "Cranes," upon which the players of the team named escape over their outside line, chased by those of the opposing team, whose aim is to catch them before they pass over.

D.—The captured players perform a pre-arranged penalty exercise, and the game proceeds as before.

E.—The success of the game depends largely upon the smartness of the Instructor who, by rolling his r's and calling other similar words, keeps the players alert, and sometimes confuses them.

F.—Other names can be used, such as "Rats" and "Rabbits," "Moggies" and "Mice."

24. *Fox and Geese.* (D) (S).

B.—Ten or twelve players in single file, the front player with his arms stretched sideways, each of the remaining players clasping the waist of the one in front of him, one player (the fox) detached.

C.—The fox endeavours to catch the rear player of the file of geese. The file swings out of the way of the fox, the front goose warding off his attacks by turning to face him at every movement. In chasing the last goose the fox's aim is also to cause a break in the file.

D.—When the fox succeeds, the end goose takes the place of the fox, who becomes a goose, and takes the front place.

E.—The front goose must not hold the fox.

25. *Hand Ball.* (D) (S).

A.—A football, two goals, size according to the number of players and area of play.

B.—Any number of players, divided into two teams.

C.—The game is played as modified Association football, but the ball may only be rolled or struck along the ground with the hands.

E.—Unless the game is controlled and the ball kept along the ground, it is liable to develop into a scrimmage.

26. *Skinning the Snake.* (D) (S).

B.—Any number of teams, each consisting of about ten players. The teams are formed up in parallel files, at about three places interval, feet astride. Each player, bending forward, places his left hand between his legs, the hand being grasped by the right hand of the player behind him.

C.—At a given signal the rear player closes his legs and sits down. The remainder move backward, passing over him; and as they do so he lies down full length without releasing his hold. The next player, after passing backward over the prone player, sits down close behind the head, and closes his legs outside the shoulders of the former. This proceeds until all the file is prostrate. As soon as the last player's shoulders reach the ground he rises and moves forward. The process is reversed until the original position is restored.

D.—That team wins whose rear player is first on his feet again.

E.—A break in the chain disqualifies the team.

27. *Do This—Do That.* (Q) (E).

B.—"Open Ranks" formation.

C.—The Instructor rapidly performs a series of simple P.T. movements, prefacing each with the command, "Do This" or "Do That." The players must imitate all movements prefaced by the command "Do This," and ignore those where the command "Do That" is given.

D.—Any player breaking either of these rules withdraws from the game. This process continues until only one player is left, who is declared the winner.

28. *O'Grady Says——.* (Q) (E).

This game is organised similarly to No. 27, the exception being that the movements are performed according to command. Only when the command is prefaced by "O'Grady Says——" is it to be obeyed. Whereas in the previous game the actions are necessarily confined to stationary P.T. or other movements, in this game Drill movements, including those on the march, can be effectively introduced.

29. *Over Passing. Relay Race.* (D) (S).

A.—Wands or Indian clubs, one to each team. A line half-way across the area of play.

B.—Any number of teams, each of about ten players, formed in parallel files, four paces apart. The foremost player of each team toes the line, holding the wand with both hands.

C.—At a given signal the leader of each team raises the wand above his head, keeping the wand horizontal and grasped in both hands, passing it thus over his head into the hands of the player in rear. The wand passes in this manner over the heads of the line of players, and is received by the rear player who doubles forward to the front of his team, and the process is repeated until the leader arrives at the rear of his team. On receiving the wand he dashes forward, his aim being to strike a ball placed in a central position at the far end of the area of play.

D.—The team whose leader first strikes the ball wins.

E.—Each team eases back sufficiently to allow the running player to get into position, toeing the line,

before passing the wand over his head. The wand must be passed squarely over the head, being held in both hands by each player.

30. *Under Passing. Relay Race.* (D) (S).

This game is played in the same manner as No. 29, with the following exceptions :—(1) It is preferable to use an Indian club or medicine ball. (2) The players stand with feet astride. (3) The club is passed backward between the legs; only one need be used. These two games act as complementary exercises to each other.

31. *Tunnel Ball. Relay Race.* (D) (S).

This game is really a variation of No. 30. It can only be played with a football or net ball. The front player rolls the ball between his own legs, and down the avenue formed by the straddled legs of the file of players, who need only direct or increase the pace of the ball on its journey. Should the ball break out of the tunnel, it must be started again from the same position at which it went out.

32. *Placing the Club. Relay Race.* (D) (S).

A.—Bottle shaped Indian clubs, one to each team. A line half-way across the area of play. A circle 1 ft. in diameter, at the far end of the area of play, opposite the leader of each file, the Indian clubs being stood each in a circle.

B.—Any number of teams, each of about ten players, formation as No. 29.

C.—At a given signal, the leader of each team runs forward, and returning with the club, hands it to the

next player of the team, who is waiting on the line, the former now taking the rear place in his team. The player receiving the club immediately sprints forward and replaces the club. As he crosses the line on the return journey he touches the outstretched hand of the next player, who has meantime advanced to the line. The procedure continues until the club comes again into the hands of the leader, whose aim is to be the first to stand his club in a place previously indicated by the Instructor.

D.—That team wins whose leader succeeds in placing his club as indicated.

E.—If the club falls after being placed, the runner must return and stand it up again. No player must cross the line before either receiving the club, or being touched by the returning runner.

33. *Boat Race* (*Pairs*). (D) (S).

A.—Starting and finishing lines, maximum distance 30 yards.

B.—Competitors lined up in pairs. Players forming the pairs face each other, one player with feet astride and his back towards the finishing line. The player with his feet closed now sits down with his feet between the legs of the other, who then sits down on the former's ankles, placing his legs outside so that his companion can take up a like position. The players now complete the boat by placing their hands on each other's shoulders.

C.—Progress is made thus :—As the rear player rises slightly, and both players draw towards each other, by bending at the knees. As the rear player lowers,

the other player rises, and both straighten their legs as far as possible. The latter lowers himself, and the actions are repeated.

34. *Boat Race (Teams of 5 or more).* (D) (S).

A.—A light pole, 8 ft. or more in length. Marking as in No. 33; starting line will also be used as finishing line, as the crews have to pass round a given point and return.

B.—Teams of five or more, according to the length of the poles, teams lined up in parallel files, all except one (the cox) with their backs towards the direction to be taken by the race, the cox being in the rear. The poles are now placed between the straddled legs of the crews, who grasp them with both hands in front of them.

C.—On the signal to start the crews run backwards, being guided round the point and back by the cox.

35. *Jockey Race.* (D) (S).

A.—As No. 33.

B.—Teams of three. No. 1 of the team bends forward and grasps the hips of No. 2, from behind, forming the horse, which is mounted by No. 3 as the jockey.

C.—The race is now run either over a line or round a given point.

36. *Miscellaneous Races.* (D) (S).

A.—As No. 33.

B.—Any number of competitors.

C.—These are ordinary races, finishing over a line, or round a given point, the competitors progressing in various ways, such as the following :—(1) Running backwards; (2) Hopping on right, left, or alternate feet; (3) Running in squatting position; (4) Running on all fours; (5) Hare jump, which is leaping forward from the squatting position on to the hands, after the manner of a hare; (6) Crab run (all fours sideways), right or left; (7) Hobbled jump (feet closed, ankles tied). In pairs (1) Pick-a-back, (2) Wheelbarrow, (3) V.C. (carrying by fireman's lift), (4) Siamese twins (back to back, arms linked), also sideways.

37. *Chain Tug-of-war.* (D) (S).

This is an ordinary tug-of-war without a rope. The players of each team form a chain by grasping each other round the waist, the leaders grasping hands with the butcher's grip.

38. *Pull Over Contest.* (D) (S).

A.—A line down middle of area of play.

B.—Two teams, any number, ranged on either side of the line, each player opposite an opponent. Players to be as evenly matched as possible. Each player now grasps the wrist of his opponent (right to right, or left to left).

C.—At a given signal each player strives to pull his opponent over the line.

D.—That team wins which succeeds in getting the larger number of players over.

E.—No player may assist any other.

39. *Catch and Pull Contest.* (D) (S).

This contest is the same as No. 38, with the exception that, instead of starting with the wrists grasped, the players snatch with either hand to obtain a hold. The pull in this instance is a sudden movement.

40. *Forward Pressing Contest.* (D) (S).

The players take up position as in No. 38, but instead of grasping the wrists the hands are placed palm to palm and fingers interlaced. By keeping the arm and rear leg straight and bending the front leg, so as to bring the arms parallel to the ground (the free hand being placed firmly on the thigh), a position is obtained which allows of the utmost pressure being exerted. It will be found that this is a test more of will power than muscular strength. The player who succeeds in making his opponent give way wins. In all other respects the contest is as No. 38.

41. *Cock Fight.* (D) (S).

A.—As No. 38. A short stick to each player.

B.—Two teams, any number, ranged on either side of the line, each player opposite an opponent. Players to be as evenly matched as possible. The opposing players toe the line and sit down, placing the stick under their knees, passing their arms under the stick and clasping their hands over their shins.

C.—At a given signal each player attempts to tip his opponent over on to his back, using his toes as a lever.

D.—That team wins which succeeds in tipping over the larger number of players.

E.—No player may assist any other. Unclasping the hands disqualifies, but the contest recommences until one player succeeds under the conditions laid down.

42. *Indian Wrestle.* (D) (S).

A.—As No. 38.

B.—Two teams, any number, ranged on either side of the line, each player opposite an opponent. Players to be as evenly matched as possible. The opposing players lie down, right side to right side, each placing his right hand firmly over the shoulder of his opponent, keeping his arm straight.

C.—At a given signal each player raises his right leg, and attempts by hooking his leg behind that of his opponent, to throw him over backwards.

D.—That team wins which succeeds in throwing the larger number of players.

43. *Lifting the Sack Contest.* (D) (S).

B.—As No. 38, with the exception that players stand back to back with arms linked.

C.—At a given signal each player attempts, by bending forward, to throw his opponent over his head.

D.—As No. 42.

44. *Obstinate Mule Contest.* (R) (S).

A.—Two parallel lines, about 8 yards apart.

B.—Two teams, any number, opposing players drawn up in pairs on one of the lines, at least 3 yards' interval between each pair. The position taken up is the

same as for a wheelbarrow race, except that the standing player grasps the thighs instead of the legs of (in this instance) his opponent.

C.—At a given signal the standing player attempts to push his opponent (the obstinate mule) over the far line, the latter striving to thwart his efforts by pushing strenuously to the right or left.

D.—At the end of a given time the successful players (either mules or drivers) are counted and scored in favour of their team. The positions are now reversed, and the procedure repeated to complete the contest.

E.—The driver must on no account pull or lift the mule.

45. *Mounted Wrestling.* (D) (S).

B.—Two teams of mounted players (either pick-a-pack or on the shoulders). It is best for the mounted players to take off their vests for this contest, as otherwise the vests will be torn. The teams are lined up opposite each other, about 5 yards apart.

C.—At a given signal the opposing teams close with each other, the mounted players attempting to unseat their opponents. The contest continues until all the horses of one team are riderless.

E.—The horses must not assist the riders by using their hands.

F.—It may be desirable to come to a decision as in the preceding contests, each pair of players only opposing a pair in the other team.

E.S. 3,000. 9/22